

5 Guys Burgers

Menu Group	Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Burgers	Bacon Burger	279g	21	19	780	50	22.5	2	43	39	690	8
Burgers	Bacon Cheeseburger	317g	25	23	920	62	29.5	2	51	40	1310	9
Burgers	Cheeseburger	303g	23	21	840	55	26.5	2	47	40	1050	9
Burgers	Hamburger	265g	19	17	700	43	19.5	2	39	39	430	8
Burgers	Little Bacon Burger	185g	15	14	560	33	14.5	2	27	39	640	8
Burgers	Little Bacon Cheeseburger	204g	17	15	630	39	18	2	31	39.5	950	8.5
Burgers	Little Cheeseburger	190g	15	13	550	32	15	2	27	39.5	690	8.5
Burgers	Little Hamburger	171g	13	11	480	26	11.5	2	23	39	380	8
Dogs and Sandwiches	Bacon Cheese Dog	200g	19	18	695	48	22	2	26	40.5	1700	8.5
Dogs and Sandwiches	Bacon Dog	181g	17	16	625	42	18.5	2	22	40	1390	8
Dogs and Sandwiches	Cheese Dog	186g	17	15	615	41	19	2	22	40.5	1440	8.5
Dogs and Sandwiches	Grilled Cheese	110g	12	11	470	26	9	2.5	11	41	715	10
Dogs and Sandwiches	Hot Dog	167g	15	13	545	35	15.5	2	18	40	1130	8
Dogs and Sandwiches	Veggie Sandwich	209g	12	10	440	15	6	2	16	60	1040	14
Sides and Toppings	A.1. Original Steak Sauce	1 tbsp	0	0	15	0	0	0	0	3	280	2
Sides and Toppings	Bacon	2 slices	2	2	80	7	3	0	4	0	260	0
Sides and Toppings	BBQ Sauce	1 tbsp	2	1	60	0	0	0	0	16	400	10
Sides and Toppings	Cheese	1 slice	2	2	70	6	3.5	0	4	0	310	0
Sides and Toppings	Green Peppers	25g	0	0	5	0	0	0	0	2	1	0
Sides and Toppings	Hot Sauce	1 tsp	0	0	0	0	0	0	0	0	0	0
Sides and Toppings	Jalepenos	11g	0	0	3	0	0	0	0	0	184	0
Sides and Toppings	Ketchup	1 tbsp	0	0	15	0	0	0	0	4	190	4
Sides and Toppings	Large Fries	572g	39	35	1474	71	14	14	24	184	213	5
Sides and Toppings	Lettuce	30g	0	0	4	0	0	0	0	1	3	0
Sides and Toppings	Mayonnaise	14g	3	3	100	11	2	0	0	0	75	0
Sides and Toppings	Mushrooms	25g	0	0	10	0	0	0	1	1	100	0
Sides and Toppings	Mustard	1 tbsp	0	0	0	0	0	0	0	0	55	0
Sides and Toppings	Fries (appox half of regular order)	122g	8	7	310	15	3	3	5	39	45	1
Sides and Toppings	Onions	26g	0	0	10	0	0	0	0	3	1	1
Sides and Toppings	Pickles	28g	0	0	5	0	0	0	0	1	265	0
Sides and Toppings	Regular Fries	244g	17	14	620	30	6	6	10	78	90	2
Sides and Toppings	Relish	15g	0	0	15	0	0	0	0	4	85	3
Sides and Toppings	Tomatoes	52g	0	0	9	0	0	0	0	2	3	2

brought to you by www.exercise4weightloss.com